



**Highland Valley Elder Services Menu -MAY 2024**  
 The suggested donation is \$3.00 per meal. Thank you for investing in this resource!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Key for Symbols:</b> Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Friendly Dessert **Higher Sodium Item (>500mg) ☺ Local Produce 🌱: Vegetarian	 Highland Valley ELDER SERVICES	1 <i>Choice: Breaded Chicken Bites (457)</i> Chicken Alfredo (362) Pasta (11) Broccoli (9) Carrots (64) Dinner Roll (132) #Yoqurt (67) Cal: 763 Sodium: 759 Carb: 108	2 <i>Choice: Breaded Chicken Bites (457)</i> Vegetable Turkey Soup (340) French Bread (150) Green Beans (4) #Pudding w/ Topping (195) Cal: 747 Sodium: 814 Carb: 83	3 <i>Choice: Breaded Chicken Bites (457)</i> Breaded White Fish (216) Bun (230) Tartar Sauce (76) Tater Tots (22) Summer Squash (6) #Sugar Cookie (109) Cal: 772 Sodium: 785 Carb: 95
6 <i>Choice: Turkey &amp; Gravy (220)</i> Maple Glazed Salmon (178) Lemon Potatoes (62) Cauliflower (14) 1 Slice of Wheat Bread (121) Fresh Fruit (2) Cal: 718 Sodium: 502 Carb: 107	7 <i>Choice: Tuna Salad (212)</i> Chicken Caesar Salad** (514) Corn Bread (258) Three Bean Salad (138) Pineapple (1) Cal: 715 Sodium: 1037 Carb: 88	8 <i>Choice: Turkey &amp; Gravy (220)</i> 🌱 Lentil Stew (300) Carrots & Corn (65) French Bread (150) Peaches (5) Cal: 691 Sodium: 646 Carb: 125	9 <i>Choice: Turkey &amp; Gravy (220)</i> Meatloaf & Gravy (265) Roasted Potatoes (41) Asparagus (3) Dinner Roll (132) Pear (2) Cal: 752 Sodium: 569 Carb: 91	10 <i>Choice: Turkey &amp; Gravy (220)</i> Sweet & Sour Pork (282) Brown Rice (3) Broccoli (9) Green Beans (3) #Birthday Cake (197) Cal: 771 Sodium: 618 Carb: 86
13 <i>Choice: 🌱 Baked Ziti (340)</i> 🌱 Eggplant Parm (213) Pasta (1) Green Peas (58) Dinner Roll (132) Applesauce (15) Cal: 740 Sodium: 545 Carb: 108	14 <i>Choice: 🌱 Baked Ziti (340)</i> Pulled Pork (409) Bun (212) Baked Beans (108) Spinach (76) Fresh Fruit (2) Cal: 719 Sodium: 932 Carb: 93	15 <i>Choice: 🌱 Baked Ziti (340)</i> Pollock Florentine (170) Couscous (10) Broccoli (9) Asparagus (3) #Fruit Cobbler (317) Cal: 783 Sodium: 634 Carb: 113	16 <i>Choice: 🌱 Baked Ziti (340)</i> Chicken A La King (209) Mashed Potatoes (100) Mediterranean Zucchini & Mushrooms (43) Dinner Roll (132) #Gelatin w/ Topping (61) Cal: 705 Sodium: 671 Carb: 73	17 <i>Choice: Tuna Salad (212)</i> 🌱 Tabbouleh (56) Chick Pea Salad (114) Pickled Beets (159) 1 Pita (68) #Yoqurt (80) Cal: 769 Sodium: 603 Carb: 110
20 <i>Choice: 🌱 Mushroom &amp; Onion Quiche (306)</i> Hot Dog** (510) Bun (200) Zucchini (3) Corn (2) Mandarin Oranges (7) Cal: 694 Sodium: 847 Carb: 86	21 <i>Choice: Tuna Salad (212)</i> Chicken Salad (165) 1 Slice Oat Bread (121) Tomato & Cucumber Salad (3) Coleslaw (91) #Fruit Crisp (11) Cal: 813 Sodium: 516 Carb: 60	22 <i>Choice: 🌱 Mushroom &amp; Onion Quiche (306)</i> Chicken Piccata (159) Gemelli (1) Cauliflower (14) Ratatouille (84) #Pudding w/ Topping (195) Cal: 789 Sodium: 579 Carb: 72	23 <i>Choice: 🌱 Mushroom &amp; Onion Quiche (306)</i> 🌱 Bean & Vegetable Chili (353) 1 Slice Pumpernickel Bread (155) Roasted Potato (62) Broccoli (9) Fresh Fruit (2) Cal: 698 Sodium: 706 Carb: 92	24 <i>Choice: 🌱 Mushroom &amp; Onion Quiche (306)</i> Mediterranean Baked Fish (204) Lemon Orzo (7) Asparagus (5) Summer Squash (9) Peaches (5) Cal: 675 Sodium: 355 Carb: 92
27 NO MEALS 	28 <i>Choice: Broccoli &amp; Cheese Chicken (410)</i> Sloppy Joes (106) Bun (210) Green Peas (66) Carrots (64) Pineapple (1) Cal: 733 Sodium: 571 Carb: 90	29 <i>Choice: Broccoli &amp; Cheese Chicken (410)</i> Beef Goulash (126) Brussel Sprouts (9) Spinach & Garlic (37) Dinner Roll (132) Applesauce (15) Cal: 715 Sodium: 443 Carb: 73	30 <i>Choice: Broccoli &amp; Cheese Chicken (410)</i> Kielbasa (416) Lazy Pierogi (195) Green Beans (3) Sweet Potatoes (35) Fresh Fruit (2) Cal: 728 Sodium: 775 Carb: 105	31 <i>Choice: Broccoli &amp; Cheese Chicken (410)</i> Haddock & Caper Sauce (386) Zucchini (2) Corn (1) Rice Pilaf (42) #Brownie (167) Cal: 739 Sodium: 724 Carb: 103

# May – Mediterranean Diet

This month we wanted to create a menu involving some meals with a healthy diet plan. Since it is Mediterranean month we decided to use some recipes and designed the menu to have some different variety and flavor following this popular diet plan.

There will be **three** themed meals during the month.

\*Not every meal has this diet theme.\*



## But why this Mediterranean diet? What is so healthy about this diet?

The Mediterranean diet is more than a “diet.” It is a heart-healthy eating plan. For most people, what is good for your heart is good for your brain, and the rest of your body. The Mediterranean diet is shown to improve the effects of many different diseases and conditions. Studies have shown that it may reduce risk of cancer, dementia, type 2 diabetes and cardiovascular disease. In addition, it also may improve the well-being of those with asthma, weakness or frailty, heart arrhythmias, and depression.

### What is the focus of the diet?

- **Plant based, not meat based** – The foundation of the diet is vegetables and fruits. Moderate amount of dairy, poultry, seafood and eggs. Red meat is only eaten once a week.
- **Healthy fats** – Olive oil and nuts are the main sources of fats in the diet. The diet includes more unsaturated fats and cuts out saturated and trans fats. The diet also focuses on lean meats and fish to further reduce fats.
- **Balance your plate** – The foundation of the diet is fruits and vegetables and makes up half the plate. Limiting the amount of starchy vegetables (potatoes, corn, peas, & winter squash). There is a quarter of the plate should be 100% whole grains and the last quarter of the plate should be a lean protein.

Now this information just scratches the surface on the Mediterranean diet plan. There is much more information out there that could not fit on the back of the menu. If you are interested in reading more about the diet plan there are some links below.

- [Mayoclinic.org](https://www.mayoclinic.org/healthy-lifestyle/mediterranean-diet/healthy-diet/mediterranean-diet-overview/hls-20170613) and search [Mediterranean diet](#) for more information on the diet plan.
- [Themediterraneandish.com](https://www.themediterraneandish.com/) for recipes & ideas on how to cook food in this style and pattern.

If you have questions after you read this or want more information about this eating plan, talk with your health care provider or a registered dietitian.

### \* New Program – Choice options for Home delivered meals \*

Highland Valley has started a new program offering choice options for our member’s receiving home delivered meals. Now you have an option of what you want to get for a main dish in your meal. Helping give you an option if you do not like what is served for the main course or if you might be allergic to the main course.

This will help you get a meal you want instead of canceling and possible going without a meal. We hope that this program will help increase the options for home bound members and help make sure no senior goes hungry.

Home Delivered Meals	Community Dinning Centers
Amherst – (413)-887-8147	Amherst – (413)-887-8147
Chester – (413)-562-0249	Chester – (413)-354-7735
Chesterfield – (413)-727-3281	Chesterfield – (413)-296-4007
Cummington – (413)-727-3281	Cummington – (413)-634-2262
Easthampton – (413)-727-3281	Easthampton – (413)-527-6151
Goshen – (413)-727-3281	Goshen – (413)-374-7430
Hadley – (413)-584-6784	Hadley – (413)-586-4023
Hatfield – (413)-727-3281	Hampden Village – (315)-569-9148
Huntington – (413)-562-0249	Hatfield – (413)-247-9003
Middlefield – (413)-584-6784	Middlefield – (413)-623-9990
Northampton – (413)-584-6784	Russell – (413)-862-6217
Pelham – (413)-259-3164	Southampton – (413)-563-8145
Southwick – (413)-569-0410	Southwick – (413)-569-0410
Westfield – (413)-562-0249	Walter Salvo House – (413)-584-6784
Williamsburg – (413)-727-3281	Washington House – (413)-562-0249
	Westhampton – (413)-203-9808
	Williamsburg – (413)-268-8407
	Worthington – (413)-238-1999
Meal cancellations MUST be made 48 hours in advance. To cancel a meal or for more information about meal programs, Please call your home delivered or community dining center site coordinators listed above.	